

Building an Anti-Stunting Village before Genting Based on the Role of Thematic Real Work Lecture (KKNT) Students in Simpang Tiga Sawit Village, Seberang Langkat Regency, Langkat Regency

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ABSTRACT

In Indonesia, the National Strategy (Stranas) for the Acceleration of Stunting Child Prevention for the 2018–2024 period is a guide document for the implementation framework for stunting reduction. Following up on this, the government issued Presidential Regulation (Perpres) Number 72 of 2021 concerning the Acceleration of Stunting Reduction with the intention of strengthening the intervention and institutional framework in the process of implementing the acceleration of stunting reduction. A condition known as stunting occurs when a child's height is much lower than expected for their age. In addition to being physically shorter than classmates, children with stunted development often experience cognitive impairment and weakened immunity. If a child suffers from stunting, the effects are generally never reversible. A solution is in sight, despite the fact that there is still a significant threat to the safety of millions of young people. A number of elements, including the consumption of food throughout the first thousand days of a person's life (HPK). To achieve the target of 14 percent by 2024 as stipulated in the 2020-2024 RPJMN, future stunting eradication measures must be strengthened and accelerated. It is hoped that all parties involved will care and participate in efforts to prevent stunting in children, especially adolescents, who are the future generation Z of millennials. According to the government, one of

the contemporary issues affecting adolescent health is the double burden, which refers to the difficulty of malnutrition and overnutrition. It has to do with community service. Previous research on the elements associated with stunting in toddlers was conducted in support of this service. The findings were that maternal characteristics, such as mother's height and level of education, were related to the occurrence of stunting in children. Girls who are now teenagers will become mothers in later generations. The importance of getting education for adolescents, especially in Raising awareness about various methods to reduce stunting can break the chain that leads to the prevalence of stunting in toddlers. It is hoped that teenagers will become cadres in building a stunting antu village before it is precarious by having a strong knowledge of stunting prevention efforts that can be conveyed to their peers.

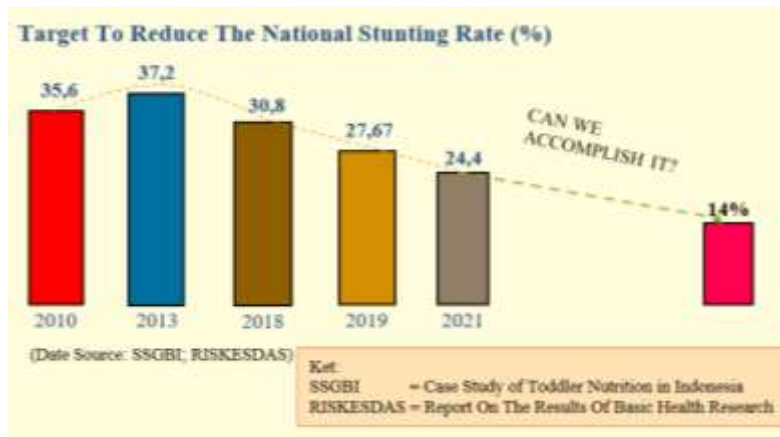
Keywords: *Stunting, Village, Nutrition Prevention, Mother, Toddler*

INTRODUCTION

Stunting is a worldwide concern, not just a problem in Indonesia. Approximately 150.8 million toddlers worldwide (22.2%) were stunted in 2017 (Ministry of Health of the Republic of Indonesia, 2018). If you look at Indonesian statistics, it is no less surprising to

find that the stunting prevalence rate in 2019 was 27.67% (Izwardy, 2020) then in 2021 it was 24.4 percent (Menpan, 2022). Based on evidence, one in three Indonesian toddlers is considered to have stunted growth (Ministry of Health of the Republic of Indonesia, 2018). This is because it is a priority that must be addressed immediately, and the second goal of the *Sustainable Development Goals* (SDGs) is to find a long-term solution in

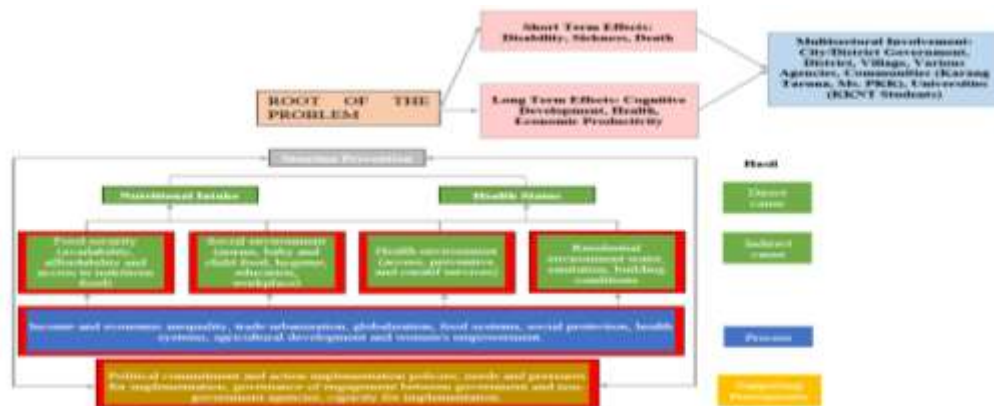
reducing the maternal mortality ratio from 305 to 70 per 100 thousand live births, t This includes reducing the infant mortality rate by at least 12 per 1000 live births and reducing the infant mortality rate to 25 per thousand (Harahap, 2021) by 2030 including taking concrete action. Langkat Regency is one of the areas that is the priority of stunting intervention.



Source: SSGBI; RISKESDAS, 2022
 Figure 1. National Stunting Rate Reduction Target (%) for 2010-2021

The central government has set a target for 2022 to reduce the stunting rate in Langkat by 27.64 percent (Satia, 2022) and must achieve a reduction in the stunting prevalence set in the 2020-2024 (Harahap, 2021)

RMPJN to 14 percent in 2024 (Menpan, 2022) (Humas Litbangkes, 2021). Based on BPS data, the number of child populations in Langkat Regency in 2021 is 100,975 people aged 0-4 years (BPS Langkat Regency, 2022)



Source: (TP2AK, 2020)
 Figure 2. Illustration of Accelerated Stunting Prevention, 2022

Ineffective care comes from other, more systemic factors, such as lack of access to

health care and adequate financial resources. Based on the information presented above, it

seems that handling training is very important. In children, stunting causes inhibition of cognitive and motor development as well as an increased risk of obesity and other degenerative diseases and conditions, decreased learning capacity, productivity, and work performance (Ministry of Health of the Republic of Indonesia, 2018). If not handled properly, stunting can have an impact not only on affected individuals but also on the economy of rural communities. This is very unfortunate because 201.8 million Indonesians will reach the productive age by 2030 (Dewi, et al., 2018).

Reinforced by (Yusuf, et al., 2020; Bella, et al., 2019) findings that found that educated parents reduced the likelihood of their children being stunted. Educated parents choose nutritious and varied foods and practice good upbringing, which improves the health of the child. In addition, mothers/mothers-to-be with a higher level of education can become leaders in society, influencing other parents to practice excellent parenting. On the other hand, not everyone has access to education of adequate standards. This component has a strong relationship with family financial difficulties, which are often referred to as systemic or hereditary poverty. Poverty will have a direct impact on care, such as providing unhealthy or insufficient food to meet a child's needs, increasing a child's exposure to infectious diseases, and preventing children from gaining access to health care services. This means that the way parents raise their children is a determining factor in the provision of basic health services, as well as nutritional and hygienic patterns. When viewed from a village point of view, one of the problems that often arises is the lack of knowledge about good and ideal parenting.

This can be seen as a problem. Access to information is difficult for most parents in the village. The majority of them are not yet information literate and stutter when talking

about technological issues. The reason behind this is that many parents do not have smartphones that can connect to the internet. Books or brochures purchased from Posyandu are also seen as ineffective, because they are written in scientific language and contain a lot of technical data, difficult to understand. In Simpang Tiga Sawit Seberang Village, the main factor contributing to the prevalence of stunting is the lack of information about the condition. In this situation, the participation of KKNT students is needed in order to help in attracting attention to the problem of stunting in the village context. The application of development has a logical impact, one of which is the empowerment of young people, through involvement, students can empower their communities (community empowerment), which is participatory and sustainable.

Purpose

The objective of the priority problem in Simpang Tiga Sawit Seberang Village is that stunting is caused by behavior in relation to:

- 1) Lack of maternal health and nutrition education before, during, and after pregnancy;
- 2) Food and nutrition cycle in pregnant women and children aged 0-2 years and 3 -5 years;
- 2) toddler parenting;
- 3) poor sanitation.

This disease shows that community actions towards stunting prevention are still inadequate. This is due to the fact that: (1) The public does not know enough about stunting; (2) Parents of adolescents, pregnant women, nursing mothers, parents/families of children aged 6 months-24 months, and ages 3-5 months do not have access to information; (3) Posyandu cadres do not provide special counseling related to behavior in order to optimize children's growth and development; (4) Learning media for posyandu cadres, teenagers, mothers of toddlers is still limited; (5) people's access to sufficient amounts of food and their ability to obtain it; (6) the community has not been able to meet the

nutritional needs needed to live a healthy life with a minimum amount of food consumption.

This literature [15, 16] reinforces that the majority of mothers give complementary foods (complementary foods) to their children once they reach the age of 6 months, usually in the form of rice porridge and vegetables. The consumption of foods very high in protein is limited, usually occurring no more than twice a day. This is to benefit from the widespread practice in society to consume foods that have been processed, which are unhealthy.

Behavior is influenced directly and indirectly by environmental social and economic groups, and the public and private policies that guide them. The socio-ecological model in figure 1.4 that is often used to illustrate aspects of context is seen as one of the most relevant simultaneously facilitating changes in social, physical, market, and environmental

policies to allow individuals to adopt and maintain existing behaviors. Given the diversity of influencing factors, behaviors should be promoted through a variety of approaches, for many approaches as influencers (e.g. KKNT students, family members, peers, healthcare workers).

Goal

The target of the problem of Simpang Tiga Village, Sawit Seberang District, ideally includes the behavior that will be promoted in this service, of course, it must be decided collaboratively with various fields of science, stakeholders, based on the characteristics of the local context, including cultural and resource barriers, as well as a home decision-making structure. To identify the most critical behaviors, program designers need to review available data, conduct formative research, and analyze the causes of stunting in specific contexts and for specific populations.



Figure 3. Anti-Stunting Village Flow Before Precarious

It is unfortunate that Posyandu and Puskesmas have not been able to close the education gap between the sub-district and village levels, because they are very promising to end the stunting cycle. This information shows that the aforementioned gaps integrate the Anti-Stunting Before Genting Village program as a multi-sectoral solution in empowering women, adolescents,

especially KKNT students related to the enforcement of child care at the sub-district/village level and efforts to improve the quality of breastfeeding cadres and counselors are two potential approaches to break the chain of stunting in the village. The solution provided is 2 main activities, namely Joint Education literacy and Local-Based Health Education.

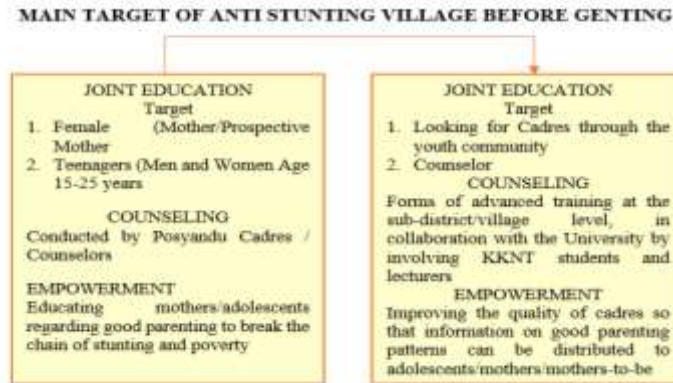


Figure 4. The Main Target of Anti-Stunting Villages Before Precarious

This shared educational literacy will primarily focus on two main groups: women (mothers and mothers-to-be) and adolescents aged 15-25 years. This will be achieved through consistent counseling of Posyandu cadres and breastfeeding counselors to PKK mothers and youth associations (such as coral cadets and young women). These groups will be the main targets of this education. The implementation of education is carried out in accordance with the targets, namely as follows: for mothers or mothers-to-be, education is carried out about good parenting, including IMD, breastfeeding, and complementary food, as well as information about nutritionally balanced, variegated, cheap, and easily obtainable foods. Technically, the cadres will help arrange the complementary food menu according to the age of the child and the availability of local food. Teens receive instruction in the full 12 years of schooling, the importance of leading a healthy lifestyle, and health education.

Local-Based Health Education is the second activity that can be carried out in the Anti-Stunting Village Before Precarious Program. Become a form of counselor training that can be given to ASI cadres or cadres of the younger generation at the sub-district or village level. Edu-Kader's main mission is to improve the quality of its cadres and counselors to provide useful information to mothers, mothers-to-be, pregnant women, and adolescents about childcare. In addition, it is hoped that the program will correct misinformation and incorrect myths about foster parenting patterns. The frequency of training is carried out once a year once every three months, and can be achieved by collaborating with other organizations, such as educational institutions, in the field of community service and energy health.

Implementation Methods

The series of approach methods offered will be illustrated as follows:

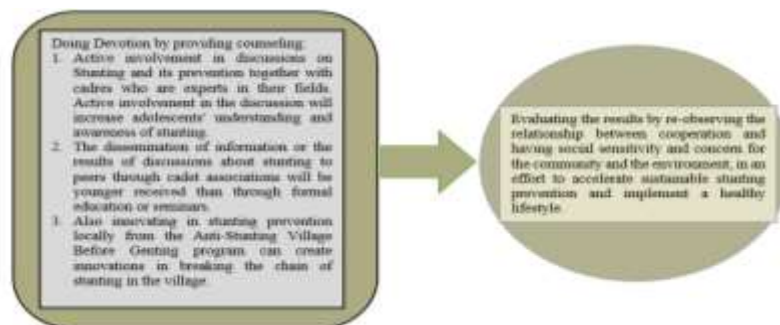


Figure 5. Proposed proximity method

Work procedures to support the realization of the solutions offered, then first make preliminary observations in the field to approach through interviews and find problem phenomena. After observation and socialization, then an assessment of the problem is carried out and finds the solution to be offered, then compile priorities for the stages of implementation and then carry out service by providing counseling for the Anti-Stunting Village Before Genting program by becoming a responsible parent and living a healthy lifestyle starting puberty, by taking significant actions aimed specifically at the younger generation in an effort maximizing their role in breaking the stunting cycle in the village. The role of KKNT students in this program is:

Educating supplementary food for pregnant women, promotion and counseling of breast milk and complementary food as well as monitoring and promoting child growth to posyandu.

Educating the provision of clean water and sanitation advice, improving access and quality of health services in the form of nutrition, increasing awareness, commitment and changing interpersonal behavior as well as empowering mothers and young women.

The last is to evaluate the results of the evaluation of the results by re-observing cooperation and having social sensitivity and concern for the community in the termination of the stunting cycle through the Anti-Stunting Village Before Precarious program.



Figure 6. Activity Procedure

Output Achieved

The integrated community service incentive program with independent learning independent campuses based on the performance of key performance indicators for private universities in 2022 with the theme "Building an Anti-Stunting Village Before Genting Based on the Role of Thematic Real Work Lecture (KKNT) Students in Simpang Tiga Sawit Seberang Village, Langkat Regency" was held in December 2022. Thus,

it will be integrated between the service of the Proposing Team and students which is integrated with educational activities and training and mentoring. The expected outputs of this activity are:

- Created to build an anti-stunting village before it is precarious
- Creating parenting education
- Creating a cadre of the younger generation in Simpang Tiga Village hamlet

Providing an understanding of the literacy of nutritious food for babies, breastfeeding mothers and pregnant women.

The target plan for achieving this service is, as follows:

Table 1. Output Achievement Target Plan

No.	Exodus Type	Achievement Indicators
1.	Scientific Publications in the international journal copernicus	Submitted
2.	Publications in Mass Media (print/electronic)	Already Published
3.	Publications in Sinta Indexed Journals	Exist
4.	Making videos of activities and publications on Youtube	Exist
5.	Improving public health/education/peace	Exist
6.	Increased income and community participation	Exist

Benefits Gained

Functions and Benefits of Community

Service Results

Community Service Functions

In the implementation of community empowerment activities in building anti-stunting villages before precariousness based on the role of Thematic Real Work Lecture (KKNT) students in Simpang Tiga Sawit Seberang Village, Langkat Regency. The steps taken to prevent stunting need to be improved in reducing the number of people who are stunted. Parents play a very significant role in the lives of their children by ensuring that they breastfeed their children

exclusively during the first six months of their lives, provide healthy complementary foods, and practice good hygienic habits. In doing so, they ensure that their children receive adequate amounts of nutrients and are protected from infectious diseases. Meanwhile, the role of health workers is no less important, such as village midwives and posyandu cadres. The responsibilities of these health workers include reminding and resuscitating parents to do this, socializing health nutrition education to pregnant women and parents of toddlers, and monitoring the growth of toddlers every month at posyandu.

Table 2. Sample Distribution Based on Gender, Age of TODDLERS and Stunting Detected

1. Gender		
No.	Gender	Frequency
1	Man	955
2	Woman	902
Total		1857
2. TODDLER Age		
Age(Month/Year)	Male(Person)	Female(Person)
0-12	11	8
1	11	12
2	16	9
3	15	11
4	20	9
5	13	13
Total		86
3. Stunting Detected		
No.	Gender	Frequency
1	Man	2
2	Woman	4
Total		6

Source: Simpang Tiga Village, 2022

From the data above, the most total sex in 2022 is male with 955 people, while female is 902 people. For toddlers, the most are at the age of 4 years with the criteria of men as

many as 20 people and women 9 people while those aged 2 years there are about 16 men and 9 women. For the detection of stunting, there were as many as 6 children. This is believed

to be due to the element of concern or concern of the mother as well as the closeness of the mother to her daughter. As a result, women are believed to be weak children so they can receive additional attention compared to boys who are believed to be stronger. In addition, compared to girls, boys tend to engage in more physically demanding play activities, which results in greater energy expenditure. This can lead to stunting if the body is not provided with a balanced diet and an appropriate amount of nutrients.

There is no doubt that careful consideration goes into the formation or selection of these cadres. Stunting is a problem that contributes to the creation of cadres in the village. The functions obtained from this devotion :

- 1) Increase awareness among community groups, such as young women, brides-to-be, and pregnant women, about the importance of stunting prevention based on local initiatives, and work to expand their understanding and knowledge of the topic.
- 2) Explain to community organizations how they can best educate the public about the need for a healthy diet for young children and provide them with the information they need.
- 3) Providing training for the younger generation of community groups, especially Karang Taruna, in relation to the need to prepare the next generation to excel by providing training for young cadres to be able to socialize to the community. This is related to the need to prepare a superior next generation.
- 4) In stunting prevention through local efforts is to evaluate the results by re-observing the relationship between cooperation and social sensitivity as well as concern for the community, health, and the environment.

Benefits of Community Service Results

One of the villages in Indonesia that is still struggling with the impact of stunting is called Simpang Tiga Village, and is located in Sawit Seberang District within Langkat Regency. According to information provided by the midwife of the village health center, there are now 6 toddlers in the village who have been determined to be stunted. There are 108 toddlers in the community. The lack of knowledge among parents in Simpang Tiga village about how to be a good parent makes children there vulnerable to stunting.

First, to help the actualization of the proposed solution, preparatory observations need to be made in the field to approach the problem phenomenon through interviews and find them. After making observations and engaging in social interaction, a thorough analysis of the problem at hand is carried out, which identifies potential solutions. Next, a list of priorities for different stages of implementation is drawn up. Finally, the necessary counseling services are provided. The last step is to analyze the results of the evaluation of results by re-observing cooperation and having social sensitivity and concern for the community and the environment, all in an effort to accelerate the stunting prevention process. Benefits of community service

- 1) Increasing the knowledge of health cadres (Posyandu) about early detection of stunting nutritional needs in the first 1000 days of children's lives, detection of growth and development, exclusive breastfeeding and complementary milk through cadre training conducted by following 8 hamlets as many as 40 village cadres in Simpang Tiga Village, Sawit Seberang District on December 5-6, 2022.
- 2) Increase understanding and knowledge of the community such as young women, brides-to-be, pregnant women about the importance of stunting prevention based on local initiatives, as well as providing

understanding to community groups in conducting education about nutritious food and improving diet in toddlers. This activity will be carried out on December 19-20, 2022.

Economic and social impact

Urban areas are experiencing a growth rate that is three times that of rural areas, according to population estimates. More than 80% of the population of the world's poorest regions are projected to live in metropolitan areas by 2025 (MENON, et al., 2000). Poverty and hunger also increase in developing country cities as their populations expand. Children in urban and rural areas are at increased risk of stunting if their birth weight is low, their social and economic status is low, and their parents are short in height. However, the number of people living in households is the most significant risk factor for severe stunting in rural areas, while the number of children under five years old is the most significant risk factor for severe stunting in urban areas. According to the findings of this service, the majority of children who are stunted or severely stunted live in unhygienic environments that do not have adequate access to clean water and sanitation and hygiene facilities.

Stunting in children under the age of five years is one of the indicators of chronic nutritional status that can provide a picture of the disruption of the overall socioeconomic situation in the past. In addition, the socioeconomic status of the family is influenced by the level of education of the parents, which is one of the indirect causes of the problem of stunting. The more likely it is that a person will be able to accumulate enough wealth to be able to Have the opportunity to live in a pleasant and healthy environment, while a better job parents are always busy at work, so they are not interested in paying attention to the

challenges faced by children, but in reality children really Need parental affection.

The family's ability to meet the nutritional needs of toddlers is influenced by the socioeconomic level of the family. In addition, the range of available options is influenced by the conditions of the socioeconomic environment. increased feeding, proper meal times, and healthy lifestyle habits Healthy foods and healthy lifestyle habits. This factor has a significant impact on the prevalence of stunting in toddlers. If food access at the household level is disrupted, especially due to poverty, then malnutrition, one of which is stunting, will inevitably occur. Socioeconomic status is also strongly influenced by the level of household income.

The Langkat district government carries out stunting prevention efforts by conducting interventions organized together with various organizations, including educational institutions, especially universities, with the aim of reducing stunting rates through education on knowledge about stunting and the formation of youth cadres.

Contribution to Other Sectors

Problems that affect all regions in North Sumatra Province, it is not the responsibility of only one sector to solve them; On the contrary, all regional apparatuses are obliged to combat stunting, both in terms of its prevention and management of its impact. In terms of providing support for this initiative, it is imperative that the government, nongovernmental organizations (NGOs), the media, and all sectors of society work together with each other in addressing the acceleration of stunting in villages.

To improve the nutritional status of pregnant women and toddlers, the head of Simpang Tiga Village has implemented a nutritional intervention policy, as well as being involved in the process of procuring clean water and determining whether it is possible to

implement a sanitation system or not. However, if people from all different walks of life actively participate, then this activity will be successfully carried out. One way that can be done is by instructing the community to play an active role in regulating the nutrition provided to mothers and newborns in order to reduce the prevalence of stunting. As a consequence, it is expected that stunting, malnutrition, and maternal and infant mortality rates at the national level will fall. Socialization about stunting that takes a socio-cultural approach is also very necessary. This is a very important requirement.

Universitas Pembangunan Panca Budi has taken the initiative to accelerate the handling of stunting based on the role of students. This initiative includes policy making with hearings, delivering *policy briefs* through Thematic Real Work Lecture (KKNT) students, contributing to the preparation of integrated regulations, building communication with programs across OPD and village organizations, and acting as resource persons in the implementation of community service with the theme of stunting convergence in accordance with the priority locus for mentoring cadres of the younger generation in the village.

Constraints/ Obstacles and Follow-up Constraints/Obstacles

In an effort to overcome stunting, the government has experienced a number of obstacles, one of which is the lack of public awareness in general about the importance of stunting prevention. In addition, the absence of public awareness regarding the importance of maintaining proper sanitation, which is another factor that is not considered. Obstacles in service in Simpang Tiga Village, Sawit Seberang District, Langkat Regency, are:

1) Access road infrastructure to get there is hollow, rocky and narrow, so that if it

rains, it will flood between the shoulders of the road.

- 2) The hall room used for the activity was not able to accommodate the large number of participants to carry out socialization and training activities.
- 3) Unstable internet network in the village area
- 4) There is still a Low Birth Weight (BBLR) in the case, meaning that there has been a growth disorder at the time of the fetus
- 5) There is still low knowledge of parents so that parenting is still not good for their toddlers
- 6) There is no public awareness of the importance of maintaining proper sanitation, which is another factor that is not considered, especially latrines and household waste management.

Follow-up

In the implementation of the service and sustainability program after the completion of service activities in the field, an evaluation of the results will be carried out by observing the relationship between the formation of cadres in the hamlet of Simpang Tiga Village, Sawit Seberang District. In addition, the Langkat Regency stunting reduction acceleration team can collaborate more with each other according to their respective roles and functions so that stunting prevention and intervention activities can succeed according to the targets set by the central government, as well as produce a smart and qualified generation of the nation, especially the future generation of Langkat Regency, and have social sensitivity and concern for the community and the environment, In an effort to reduce the number of stunted children.

It is important to improve standard measuring instruments and improve measurement skills for health workers and cadres. In addition, it is necessary to improve ultrasound services, provide ultrasound equipment, and fill in trained medical personnel at puskesmas as the

first step in screeching the fetus during pregnancy. These recommendations are needed to evaluate the understanding of stunting among health workers and cadres.

CONCLUSION

Conclusion

Conclusions as part of an effort to increase community understanding in Simpang Tiga Village, Sawit Seberang District, Langkat Regency regarding building an anti-stunting village before precarious based on the role of Thematic Real Work Lecture (KKNT) students in Simpang Tiga Sawit Seberang Village, Langkat Regency through providing information and/or counseling as part of these efforts:

- 1) Conducted lectures and questions and answers about the role of stunting prevention based on local initiatives, which were given by the Speaker and attended by officials from villages and hamlets.
- 2) After the completion of lectures and discussions, an MoU was signed between the village government regarding the acceleration of stunting prevention in terms of following up on the results of the discussion agreement between the community and speakers, to make counseling or training activities and or provide information to the community about how stunting management is a challenge for Indonesia, which is facing a demographic bonus.

Suggestion

This form of socialization is a significant step towards prioritizing the welfare of all people living in Simpang Tiga Village, with particular emphasis on the growth of the next generation of the country's population. The purpose of socialization of stunting and child nutrition is to increase the amount of knowledge and education about stunting and child nutrition available to all posyandu

cadres. As a result, cadres will eventually be able to fulfill their responsibilities by fostering understanding within the community. As a result, there is the potential for improved child nutrition and a decrease in the number of stunted children. If we want to reduce stunting, it is very important that those who work to combat it have a thorough understanding of this issue and get training either from centralized institutions or from subject matter experts. Of course, we anticipate that this effort will improve the quality and ability of posyandu cadres to serve the community at large.

The use of citizen approach strategies as part of the assistance provided to families and individuals suffering from stunting in management socialization is very effective in the mentoring process. The process of overcoming stunting usually takes between one and three months to complete, depending on the severity of the problem. Before using the idea of approach and guidance, one must have a strategy. On the other hand, the duration of the handling process is cut by half to three weeks. Three phases, starting with the number of stages, namely The purpose of socialization and other efforts to improve stunting prevention is to contribute to solving health problems faced by families and individuals who are stunted in Simpang Tiga Village.

Declaration by Authors

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